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# WE'RE A



To protect the health of **everyone** at CDHD, smoking including electronic nicotine delivery devices and use of other tobacco products, is not permitted in our facilities or on our property, both indoors and out.

**Thank you for your cooperation.**

# Central District Health Department Public Health Informer



## E-Cigarettes Not as Safe as You Think

### What is an E-Cigarette?

- Electronic cigarettes are similar in appearance to regular cigarettes but don't contain tobacco. Instead, there's a heating mechanism inside that turns liquid nicotine into a chemical-filled vapor the smoker inhales.
- E-cigarettes are often available in flavors that may appeal to children and teens, including cotton candy, chocolate and strawberry.

### What are the Health Effects of E-Cigarettes?

- The health consequences of the use of e-cigarettes and the vapor that they give off are unknown because of inadequate independent studies of their health risk.
- There is currently no scientific evidence establishing the safety of e-cigarettes.

### Can E-Cigarettes Help Someone Quit Smoking?

- **The FDA has not approved e-cigarettes** as an effective method to help smokers quit.
- There is no conclusive scientific evidence that e-cigarettes promote successful long-term quitting.

### CDHD Offers Assistance with tobacco-free policy

Until their safety & efficacy are scientifically proven, Central District Health Department will continue to encourage comprehensive tobacco-free policies that prohibit use of electronic nicotine delivery devices in all venues where cigarette smoking or tobacco use is prohibited. For free assistance with policy development, contact the CDHD Tobacco Policy Analyst at (208) 327-8543.

### Free Help to Quit Tobacco Use

If you or someone you care about would like to quit tobacco use, call 208-375-5211. CDHD offers free cessation classes supported by the Idaho Tobacco Millennium Funds. Cessation services are also available by calling the Idaho QuitLine at 1-800-784-8669 or enrolling in [quitnow.net/idaho](http://quitnow.net/idaho). Four weeks of free nicotine gum, patch, or lozenges are available if qualified through the QuitLine or [quitnow.net/idaho](http://quitnow.net/idaho).





## Public Health Informer

The Public Health Informer is a quarterly publication of the Central District Health Department.

The Central District Health Department provides services in Ada, Elmore, Boise and Valley counties.

All offices are open Monday through Friday from 8:00 a.m. to 5:00 p.m., though clinic hours may vary. Call the numbers below for more information and to make an appointment. Boise County residents should call the main office for information on services.

### Main Office

707 N. Armstrong Pl.  
Boise, Idaho 83704  
208-375-5211

### Mountain Home:

520 E. 8th St. N.  
Mountain Home, ID 83647  
208-587-4407

### McCall Office:

703 N. 1st St.  
McCall, ID 83638  
208-634-7194

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Back issues of this publication are available on our website: [cdhd.idaho.gov](http://cdhd.idaho.gov)

## Breast Milk Bank Depot

Lactating women, who have more milk than their baby needs, now have the opportunity to donate their breast milk. The recently opened Milk Bank Depot at St Luke's Children's provides a convenient local drop-off site for women who may be in a position to donate their milk. The depot serves as a mid-point between the milk donor and Mothers' Milk Bank in Denver. The St. Luke's staff will assist with the screening process and ship your precious milk to Denver, where it will be processed, pasteurized, and distributed to infants who will benefit from it.

Most mothers of newborns produce enough milk to provide all of the nutrients their babies need, but when a baby arrives early, mother's

milk can be delayed. For premature infants and other infants in need of special care, human milk provides the best protection against devastating infections. The Newborn Intensive Care Unit (NICU) at St Luke's Children's Hospital uses primarily pasteurized donor human milk for premature infants. You can contact them using the information listed here.

**Milk Bank Depot**  
**St. Luke's Children's Hospital**  
**Newborn Intensive Care Unit**  
**190 E. Bannock Street**  
**Boise, ID 83712**  
**208-381-7644**



## Dental Sealants Prevent Cavities

Children ages 6-14 can help prevent cavities in their back teeth by getting dental sealants. Studies show that 84 percent of tooth decay in children occurs in the pits and fissures of permanent molars, areas best protected by sealants. Without sealants, 75 percent of lower first permanent molars decay by age 13. Central District Health Department in partnership with Ronald McDonald House Charities, the Idaho Oral Health Program and Delta Dental of Idaho is offering dental sealant clinics in many schools in our community. If you want to know if your school is having a dental sealant clinic, ask your school nurse or call the Oral Health Program at CDHD 327-8612.



### What are dental sealants?

Sealants are a simple and effective way to prevent the most common type of tooth decay in molar teeth. The chewing surfaces of molars have many deep pits and fissures (grooves) where the bacteria that cause cavities hide. These pits and fissures are hard to clean with a toothbrush. Sealants are a plastic coating that is painted on the teeth to seal the pits and fissures and prevent tooth decay.

### Is this a painful procedure?

Placing sealants is painless and easy. The tooth is cleaned, conditioned, dried and painted with the plastic sealant. Sealant appointments are a great opportunity for your child to have a fun dental experience.

### February is National Children's Dental Health Month.

To celebrate this in our community, the Southwest Idaho Dental Society and Western Treasure Valley Dental Society are offering **GIVE KIDS A SMILE DAY**. If your child does not have dental insurance and is in need of dental care, you may call the **Idaho Careline** at 211 to find out how to participate in this event.



## Obesity Declines Among Low-Income Preschoolers

According to CDC's Vital Signs, many states show declines in childhood obesity rates. Nineteen states and territories reported decreases in obesity among low-income preschoolers. Twenty states and Puerto Rico held steady at their current rate, and obesity increased slightly in three states.

Still, one in eight preschoolers is obese in the United States. Children are five times more likely to be obese as an adult if they are overweight or obese between the ages of three and five years. To learn more, visit [www.cdc.gov/vitalsigns/childhoodobesity](http://www.cdc.gov/vitalsigns/childhoodobesity).



## “Healthy Drinks” Aims to Reduce Consumption of Sugar-Sweetened Beverages

The Yale Rudd Center for Food Policy & Obesity, with support from the American Heart Association, will lead one of six teams as part of Voices for Healthy Kids. As the “Healthy Drinks” team, Rudd will provide evidence-based resources for advocates looking to advance policies to reduce children’s consumption of sugary drinks.

Working closely with the Center for Science in the Public Interest and the California Center for Public Health Advocacy, the Healthy Drinks team will provide technical assistance, state/local coalition-building, and tools such as fact sheets, research summaries, and policy briefs to engage and organize people on this issue.

Topics include state/local excise taxes, other pricing initiatives, procurement policies, message framing, and accessibility of free water, especially in schools. For more information, contact Roberta Friedman at the Rudd Center at [Roberta.friedman@yale.edu](mailto:Roberta.friedman@yale.edu) or visit [www.yaleruddcenter.org](http://www.yaleruddcenter.org).



## Youth Use of Calorie Information at Fast Food Restaurants

A CDC study in the *Journal of Public Health* has found that, of young people who visited fast food or chain restaurants in 2010, girls and youth who were obese were more likely to use calorie information (or menu labeling) to inform their food choices. Girls were 80 percent more likely to use calorie information when available than boys. Obese youth were 70 percent more likely to use calorie information when available than those who were at a healthy weight.

The study also found that young people who ate less frequently at fast food or chain restaurants (once a week or less) were 50 percent more likely to use the calorie information when available than young people who ate more frequently at these places. Read the complete findings at <http://bit.ly/18HedjM>





## Some Children Need Extra Flu Vaccine

Some children six months through eight years of age require two doses of influenza vaccine. Children in this age group who are getting vaccinated for the first time, as well as some who have been vaccinated previously, will need two doses. Your child's health care provider can tell you whether two doses are recommended for your child.

**The second dose should be given at least 28 days after the first dose.** The first dose "primes" the immune system; the second dose provides immune protection. Children who only get one dose but need two doses can have reduced or no protection from a single dose of flu vaccine.

**Be sure to get your child a second dose if he or she needs one.** It usually takes about two weeks after the second dose for protection to begin.

### How late in the season can I receive influenza vaccine?

Peak influenza activity does not generally occur until February. You are encouraged to get vaccinated throughout the influenza season if you have not received one yet, including into the spring months (for example, through May).

Because influenza occurs in many areas of the world during April through September, vaccine should be given to travelers who missed vaccination in the preceding fall and winter. Another late season use of vaccine is for children younger than age nine years who needed two doses of vaccine but failed to get their second dose.

## Take the Test. Save Your Life.

Colon Cancer is the second leading cause of cancer death, but it doesn't have to be. Colon cancer is both preventable and treatable. If you are 50 or older, see your doctor. Get tested.

### It's Preventable

Get screened. Colon cancer can be prevented by finding and removing polyps before they turn into cancer.

### It's Treatable

Don't ignore the signs or symptoms:

- Bleeding from your rectum
- Blood in your stool
- Changes in bowel movements
- Diarrhea, constipation or both
- Lack of energy
- Unexplained weight loss

These signs don't mean you have cancer but you need to talk to a doctor right away.

### It's Beatable

The odds are in your favor: 95 percent survival rate if found in the earliest stages. Get tested. Ask your doctor which test is best for you.

The most basic screening available is the Fecal Occult Blood Test. You can get this **free colon disease screening kit** and colon cancer information by calling the Idaho CareLine at 2-1-1. The test detects hidden

blood in the stool, a warning sign of cancer. It's easy to use and can be done in the privacy of your home. Call today, supplies are limited.



**Don't take chances with colon cancer.  
The life you save just might be your own.**

### Resources

Idaho CareLine 2-1-1 or 1-800-926-2588  
[www.idahocareline.org](http://www.idahocareline.org)





# Play it Safe with Your Snuggle Buddy

Stay warm this winter... and stay safe.

Well, the weather outside is frosty. It's time to sit by the fire, roast marshmallows, enjoy a warm beverage and snuggle under the blanket. But be careful about what could come next, especially if someone is snuggling there with you! Unintended pregnancies continue to happen.

If pregnancy is not right for you now, there are multiple contraceptive choices available on the market and here at Central District Health Department, we offer almost every type.

**Birth control is SAFE and AFFORDABLE.** We offer preventive health exams to both men and women. We provide pap testing, STI screening and birth control methods on a sliding fee scale based on income and family size. We never turn anyone away because of inability to pay. We also accept insurance and Medicaid.

If you feel your family size is complete, you might want to consider our vasectomy services. To learn more about what a vasectomy is and how it works, we offer a FREE vasectomy education class the second Tuesday of every month from 6 p.m. to 7 p.m. at our Boise office. Individual education sessions can be scheduled at our Elmore and Valley County offices. There is absolutely NO pressure – it is just a time to learn and ask questions.

To learn more about our reproductive health services, go to our website at [Reveal4Real.org](http://Reveal4Real.org) or [cdhd.idaho.gov](http://cdhd.idaho.gov). You can schedule an appointment at our Boise office by calling 327-7400. If you live in Elmore County, call 587-4407. If you are in Valley County, call us at 634-7104.

## Food Safety Training at CDHD

Each year, one in six Americans gets sick by consuming contaminated foods or beverages. The causes vary from disease-causing microbes to poisonous chemicals. You can reduce your risk by learning the basics about Food Safety. CDHD makes it easy with a free series of **Basic Food Safety videos** available on its website. [cdhd.idaho.gov/EH/food/food\\_safety\\_videos.htm](http://cdhd.idaho.gov/EH/food/food_safety_videos.htm).

For more advanced food safety training, especially for those employed in the food service industry, CDHD offers two classroom courses.

The **Idaho Food Safety & Sanitation Certification course** is four hours and provides those completing it with Idaho certification good for five years. The cost is \$38.

The **ServSafe® Manager Certification course** is eight hours and is endorsed by the National Restaurant Association Educational Foundation. It is designed for food service managers and offers national certification good for five years. The cost is \$114.

Both classes are held at the Central District Health main office, 707 N. Armstrong Pl., Boise. For more information and to register call 208-327-7499.



### Idaho Food Safety & Sanitation Certification

8:30 a.m. – 12:30 p.m.

- Wednesday January 22, 2014
- Wednesday February 19, 2014
- Wednesday March 19, 2014

### ServSafe® Manager Certification

8:00 a.m. – 5:00 p.m.

- Thursday January 23, 2014
- Thursday February 27, 2014
- Tuesday March 25, 2014



## Black Bean and Salmon Tostados

*Pickled jalapeños, cilantro and avocado perk up convenient canned salmon for a quick tostada topping. Skip store-bought and make your own crispy shells in the oven.*

### Ingredients:

- 8 6-inch corn or whole wheat tortillas
- Canola or olive oil cooking spray
- 1 6- to 7-ounce can boneless, skinless wild Alaskan salmon, drained
- 1 avocado, diced
- 2 tablespoons minced pickled jalapeños, plus 2 tablespoons pickling juice from the jar, divided
- 2 cups coleslaw mix (see Tip) or shredded cabbage
- 2 tablespoons chopped cilantro
- 1 15-ounce can black beans, rinsed
- 3 tablespoons reduced-fat sour cream
- 2 tablespoons prepared salsa
- 2 scallions, chopped
- Lime wedges (optional)

### Preparation:

Position racks in upper and lower thirds of the oven; preheat to 375°F.

Coat tortillas on both sides with cooking spray. Place on 2 baking sheets. Bake, turning once, until light brown, 12 to 14 minutes.

Combine salmon, avocado and jalapeños in a bowl. Combine cabbage, cilantro and the pickling juice in another bowl. Mix black beans, sour cream, salsa and scallions into paste. Transfer to a microwave-safe bowl. Cover and microwave on High until hot, about 2 minutes.

To assemble tostadas, spread each tortilla with some bean mixture and some salmon mixture and top with the cabbage salad. Serve with lime wedges, if desired.

Tip: Look for convenient pre-shredded cabbage-and-carrot “coleslaw mix” near other prepared vegetables in the produce section of the supermarket.

*Revised from Eating Well Inc.*

# Enjoy the Taste of Eating Right

Eating is one of life’s greatest pleasures. Yes, food provides the nutrients we need to chase the kids, walk the dog, and learn about the world around us, but it is so much more than nutrients. It is the smell of fresh baked zucchini bread, the color of butternut squash soup and the crunch of snap peas.

March is National Nutrition Month and the theme is “Enjoy the Taste of Eating Right.” To celebrate, let’s throw out our cardboard-flavored diet foods and commit to delighting all of our senses while supplying our bodies what they need. When we make our food a priority, we can find the balance between health and pleasure. It is as simple as trying new foods, different ways of cooking, and opening our food-horizons.

## Let's reclaim our meals and our health.

### Here are some ways to get the most out of your meals:

- Enjoy your favorite foods, but downsize your portions.
- Make time for food: plan meals ahead of time and have snacks ready to grab-and-go.
- Use fresh flavors like basil, sun-dried tomatoes, herbs and spices.
- Only eat when you are truly hungry. If you are not sure, have a cup of water or unsweetened tea first.
- Put vibrant colors on your plate like dark green, orange and purple.
- Eat slowly. Sit down and enjoy the taste, texture, aroma, and appearance of your food.
- Pay attention to how you feel throughout the meal. When you start to feel full or the food is less satisfying, stop eating.
- Find pleasure in the joy of feeding your body something healthy.







## A Delicious Way to Protect Our Hearts

Sunshine, warm ocean breezes and wine are what usually draw people to the Mediterranean, but that is not all it has to offer. We've known for years that the Mediterranean diet lowers the risk of Alzheimer's disease, cancer, diabetes, and stroke, but a recent study revealed it's linked to lower rates of heart disease too. In fact, no other diet has been more closely associated with healthy outcomes.

The diet features a wide variety of vegetables, beans, fruits, nuts, whole grains, and regular use of olive oil. It contains moderate amounts of fish and dairy, very little meat and hardly any commercially processed foods. Wine, usually red, is consumed with most meals.\* Scientists agree there is not just one part of the diet that is charmed. The magic happens when you combine a plant-based diet with healthy fats, like fish and olive oil.

The Mediterranean diet is healthy for the whole family, and it is suggested that the best way to use it for protection is to start in childhood. This is a lifetime commitment to healthy choices, not a temporary resolution. Without strict rules or boring flavors, you can enjoy your meals and the health benefits that come with it. Remember, small sustainable changes all add up to long-term success. Take the first step towards a healthier life; share the recipe on page six with your family tonight.

*\* If alcohol is consumed, it should be consumed in moderation — up to one drink per day for women and two drinks per day for men. One drink is defined as 5 oz. Alcohol should be avoided during pregnancy.*







## Preventing Winter Slips and Falls

Soon the winter season will be upon us, and with the cold weather comes snow, ice, and increased danger of falls, especially for seniors. Here are some tips and precautions to keep your winter season safe and enjoyable.

Returning indoors from wet conditions will leave puddles on floors, making for a slippery surface. Placing non-slip mats and water-absorbing rugs near entrances can reduce the risk of slipping. Keep towels to wipe down shoes and floors along with racks to hang wet items near entrances to keep floors dry.

When it is necessary to walk outside, be sure to wear rubber or Neoprene-soled boots or shoes, as they provide better traction than other materials. Canes and walkers can be fitted with wider, no-slip tips to provide more stability on slick surfaces.

The best route is to avoid slick surfaces when possible. When it is necessary to walk over a slick surface, use a slow shuffle walk to help maintain balance. If possible lean against a stable surface such as a building or vehicle while shuffling across slippery surfaces. Avoid carrying large bundles, as they will increase instability.

Conditions with temperatures below freezing may create ice or black ice. Black ice is thin and transparent, and looks like harmless wet pavement. Homes and businesses should use commercial ice melt and cat litter to help clear walkways.

# Winter Preparedness

Idaho winters offer a wide array of activities, including back country skiing, snow shoeing, snowmobiling and sledding. Because many of these activities are enjoyed in the more remote areas of the state, it is important to be prepared for the worst.

It's always a good idea to check the road and weather reports before heading out for winter recreation. Be aware of local road closures, and if you are venturing into a more rural or remote area, be familiar with the route.

It is also important to have your vehicle running at its best during the winter months. The Idaho winters can be hard on your automobile so keep your car in top shape with regular service and oil changes. As with any adventure, it's always a good idea to start with a full tank of gas.



Put together a small winter preparedness kit that can be stored in the back seat, or the trunk of your car. Having these supplies could make the difference between survival and fighting for your life should you get caught in a bad situation.

### Your winter recreation preparedness kit should include:

- a shovel
- windshield scraper and small broom
- flashlight with extra batteries
- water
- snack food, including energy bars
- waterproof matches
- extra clothing such as hats, mittens, sweaters
- hand warmers
- first aid kit
- blanket
- tow chain or rope
- road salt, sand, or cat litter for traction
- jumper cables
- emergency flares and reflectors

**Have a great winter and have fun. Being prepared will insure you'll have many more winters to play.**

